

Back to Basics



Fitness Program with Tracy Bacon



PARKS
RECREATION
ARTS
CULTURE

Tuesdays & Thursdays
At Tyner-East Brainerd
Recreation Center

6:00pm

Cost: \$40 for 6-weeks

Classes are every Tuesday & Thursday

Bring new life to your body with this
calorie burning, muscle toning, energy
producing "Back to Basics"
exercise program.

For information: 697-1320 or 855-2664